

# FORGING THE FUTURE:



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## Friday FACTS

5 March 1999

"Leadership, Partnership, and Championship"

### APRIL: ALCOHOL AWARENESS MONTH



April is Alcohol Awareness Month, an annual campaign sponsored by the National Council on Alcohol and Drug Dependence. This year, Americans are asked to focus upon the staggering social, economic, and health costs of underage and binge drinking. Materials are available from The National Council on Alcoholism and Drug Dependence (NCADD) at

<http://www.ncadd.org/aamnth99.html>

Alcohol Awareness Month kits (including a poster and brochures not available on-line) also may be ordered from NCADD for a \$10 charge. To receive an order form, call 212/206-6770, ext. 11 or fax your request to 212/645-1690.



### MARCH: NATIONAL NUTRITION MONTH

The National Cancer Institute and the Centers for Disease Control and Prevention make it easy to feel healthy and energized. Just remember to **eat at least five or more servings of fruits and vegetables every day**, along with **30 minutes or more of moderate intensity physical activity at least five times a week**.

5 PLUS 5

### SECOND HAND SMOKE

See the Instruction on Environmental Tobacco Smoke in OPNAVINST 5100.23E 3003 of 15 Jan 99.

View an article on Second Hand Smoke at:

[http://www.mayohealth.org/mayo/9708/htm/2nd\\_hand.htm](http://www.mayohealth.org/mayo/9708/htm/2nd_hand.htm)

or see it in the August 11, 1997 issue of Health Oasis Mayo Clinic.



In the 24 Feb 99 SITREP, the Surgeon General recognized **Camp Pendleton** for its initiative in developing the Sports Medicine and Reconditioning Treatment (SMART) Center, and **Great Lakes Recruit Training Center** and **Officer Candidate School, Naval Aviation Schools Command** in **Pensacola** in developing Sports Injury Prevention Programs. **Naval Hospital Pensacola** was also recognized for its leadership in designating its entire compound as a smoke-free area in January 1998.

WE SALUTE

### VACANCY ANNOUNCEMENT #AN90723

A Public Health Educator GS 9/11 is currently being recruited for the Sexual Health and Responsibility Program (SHARP) at NEHC. This is a **second new position** within the SHARP program, another external recruitment announcement available to any US Citizen. View the announcement at:

<http://www.usajobs.opm.gov/wfjic/jobs/AN0723.htm>.

Or call OPM at (757) 441-3355 for application information. Closing date is March 18th. To learn more about the program and view the full job description, visit the SHARP Website at:

<http://www-nehc.med.navy.mil/hp/sharp/index.htm>.



All higher motives, ideals, conceptions, sentiments in a man are of no account if they do not come forward to strengthen him for the better discharge of the duties which devolve upon him in the ordinary affairs of life.

Henry Ward Beecher